



Sage Stone Yoga  
Breath Tech Worksheet

**Subject: “Watching your breath”**

Start by finding a comfortable position either seated, or lying down. Take 4 full breaths being aware of your inhale and exhale.

- 1- Bring your awareness to your breath.
- 2- Inhale- feel your breath come in and down (chest lifts and ribs expand, solar plexus expands, belly protrudes).
- 3- Exhale- feel your breath go out and up as gently pull your belly in towards your spine (progressively from the pubic bone to naval, naval to solar plexus).
- 4- Repeat for 6-12 breaths, being aware of any subtle movements in your spine on inhale and exhale.

When you finish take moment to rest and observe any changes in the way you feel.

Yogic breathing techniques are called *Pranayama*. This technique helps you bring your attention to your breath and begin to actively control it, while creating a calming effect.

